

# JESUS OVER EVERYTHING WEEK 4

## JESUS OVER MY EMOTIONS

While it is easy to say that we want to surrender everything to Jesus, it is hard to implement. One of the hardest areas to surrender to Jesus is our emotions. It is particularly hard when we are faced with disappointment and discouragement. Yet if we are ever to find the freedom that Jesus desires for us, we must surrender even these hard spaces in our lives.

1. In the journey of following Jesus you inevitably will encounter *THE DIP*. In other words, you will face setbacks and discouragement that you didn't anticipate. When have you encountered *THE DIP*? What was (or is) it like?
2. Read the following verses about David and Moses encountering discouragement in their lives. What can we learn from this?

**David. Psalm 13:1-2** O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day?

**Moses. Numbers 11:14-15** "I can't carry all these people by myself! The load is far too heavy! If this is how you intend to treat me, just go ahead and kill me. Do me a favor and spare me this misery!"

3. While discouragement is not a sin, it is destructive in the following ways: 1) It distorts reality; 2) It's debilitating; 3) It makes you vulnerable to temptations; and 4) It's contagious. Which one of these have you found to be true during a time of discouragement in your life? Be specific.
4. To fight discouragement there are 4 things we can do: 1) Focus on the character of God; 2) Surround ourselves with life-giving people; 3) Refuse to be a victim; and 4) Stay focused on the big picture. Which one of these is hardest for you to do? What practical steps can you take towards it this week?
5. Prayer. Take time sharing one area of discouragement in your life and have the group pray for you.